

N311 Care Plan #4

Lakeview College of Nursing

Whitney Simlin

**Demographics (5 points)**

<b>Date of Admission</b> 3/7/16	<b>Patient Initials</b> D.K.	<b>Age</b> 65 y/o	<b>Gender</b> Male
<b>Race/Ethnicity</b> White/Caucasian	<b>Occupation</b> Unknown	<b>Marital Status</b> Single	<b>Allergies</b> No known allergies
<b>Code Status</b> DNR- Comfort Care	<b>Height</b> 5' 8"	<b>Weight</b> 230.8 lb	

**Medical History (5 Points)****Past Medical History:**

COVID-19, unspecified organism pneumonia, mild recurrent major depressive disorder, essential (primary) hypertension, unspecified hyperlipidemia, squamous cell carcinoma of skin of right ear and auricular canal, unspecified abnormalities of gait and mobility, unspecified basal cell carcinoma of skin, muscle weakness (generalized), unsteadiness on feet, unspecified anemia

**Past Surgical History:** No past surgical history

**Family History:** No known family history

**Social History (tobacco/alcohol/drugs):** Past use of tobacco, alcohol, and drugs

**Admission Assessment**

**Chief Complaint (2 points):** High Blood Pressure

**History of present Illness (10 points):** The onset of the client's present illness began approximately 6 years ago, when he developed increased confusion. During the onset he was located at his home. His confusion has been consistent since admission w/ no improvement

noted. Some characteristics of this client's illness is forgetting to dress himself and getting lost outside his home. There are no aggravating factors for this client's illness. Relieving factors include reorientation and residing in a stable environment- 24-hour care facility. To treat his illness, he undergoes senior care therapy.

### **Primary Diagnosis**

**Primary Diagnosis on Admission (3 points):** Hypertension

**Secondary Diagnosis (if applicable):**n/a

**Pathophysiology of the Disease, APA format (20 points):**

**Pathophysiology References (2) (APA):**

Capriotti, T.M., & Frizzell, J.P., "Pathophysiology: Introductory Concepts and Clinical Perspectives" (2015).

Martini, F., Ober, C. E., Welch, K., & Hutchings, R. T. "Visual Anatomy & Physiology" (2018)

Copd. (2020, April 15). Retrieved March 01, 2021, from <https://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-20353679>.

**Laboratory Data (20 points)**

**\*If laboratory data is unavailable, values will be assigned by the clinical instructor\***

**CBC Highlight All Abnormal Labs**—Explanations must be in complete sentences and contain in-text citations in APA format.

Lab	Normal Range	Admission Value	Today's Value	Reason for Abnormal Value
RBC	Male: 4.7-6.1 Female: 4.2-5.4	n/a	4.58	Reason unknown- a potential cause may be internal bleeding
Hgb	Male:14-18 g/dL Female: 12-16 g/dL	n/a	14.2	
Hct	Male: 40-52% Female: 36-47%	n/a	43.1	
Platelets	150-400 x 10 <sup>9</sup> /L	n/a	202	
WBC	5-10 x 10 <sup>9</sup> / L	n/a	7.0	
Neutrophils	55-70	n/a	62	
Lymphocytes	20-40	n/a	26	
Monocytes	2-8	n/a	8	
Eosinophils	1-4	n/a	3	
Bands	0.5-1	n/a	*n/a	

**Chemistry Highlight All Abnormal Labs**—Explanations must be in complete sentences and contain in-text citations in APA format.

Lab	Normal Range	Admission Value	Today's Value	Reason For Abnormal
Na-	136-145 mEq/L		137	

<b>K+</b>	<b>3.5-5 mEq/L</b>		<b>4.3</b>	
<b>Cl-</b>	<b>98-106 mEq/L</b>		<b>98</b>	
<b>CO2</b>	<b>23-30 mEq/L</b>		<b>28.7</b>	
<b>Glucose</b>	<b>74-106 mg/dL</b>		<b>147</b>	
<b>BUN</b>	<b>10-20 mg/dL</b>		<b>13</b>	(Capriotti & Frizzell, 2015)
<b>Creatinine</b>	<b>0.5-1.1 mg/dL</b>	<b>&lt;0.5</b>	<b>&lt;0.8</b>	
<b>Albumin</b>	<b>3.5-5 g/dL</b>	<b>n/a</b>	<b>4.0</b>	
<b>Calcium</b>	<b>9-10.5 mg/dL</b>	<b>n/a</b>	<b>3.9</b>	
<b>Mag</b>	<b>1.3-2.1 mEq/L</b>	<b>n/a</b>	<b>n/a</b>	
<b>Phosphate</b>	<b>3-4.5 mg/dL</b>	<b>n/a</b>	<b>n/a</b>	
<b>Bilirubin</b>	<b>0.3-1 mg/dL</b>	<b>n/a</b>	<b>n/a</b>	
<b>Alk Phos</b>	<b>30-120 U/L</b>	<b>n/a</b>	<b>n/a</b>	

Urinalysis **Highlight All Abnormal Labs**—Explanations must be in complete sentences and contain in-text citations in APA format.

<b>Lab Test</b>	<b>Normal Range</b>	<b>Value on Admission</b>	<b>Today's Value</b>	<b>Reason for Abnormal</b>
<b>Color &amp; Clarity</b>	<b>Clear, Amber/ Yellow</b>	<b>n/a</b>	<b>Yellow/clear</b>	
<b>pH</b>	<b>4.6-8 Average: 6</b>	<b>n/a</b>	<b>6.0</b>	
<b>Specific Gravity</b>	<b>1.005-1.03</b>	<b>n/a</b>	<b>1.016</b>	
<b>Glucose</b>	<b>50-300 mg/day</b>	<b>n/a</b>	<b>negative</b>	
<b>Protein</b>	<b>0-8 mg/dL</b>	<b>n/a</b>	<b>negative</b>	

<b>Ketones</b>	<b>negative</b>	<b>n/a</b>	<b>negative</b>	
<b>WBC</b>	<b>0-4 per low-power field Negative for cast</b>	<b>n/a</b>	<b>negative</b>	
<b>RBC</b>	<b>Less than or equal to 2 Negative for cast</b>	<b>n/a</b>	<b>n/a</b>	
<b>Leukoesterase</b>	<b>negative</b>	<b>n/a</b>	<b>n/a</b>	

Cultures **Highlight All Abnormal Labs**—Explanations must be in complete sentences and contain in-text citations in APA format.

<b>Test</b>	<b>Normal Range</b>	<b>Value on Admission</b>	<b>Today's Value</b>	<b>Explanation of Findings</b>
<b>Urine Culture</b>	<b>Negative: less than 10,000 per mm of U  Positive: greater than 100,000 per mm of U</b>	<b>n/a</b>	<b>n/a</b>	
<b>Blood Culture</b>	<b>Negative</b>	<b>n/a</b>	<b>n/a</b>	
<b>Sputum Culture</b>	<b>Normal Upper RT</b>	<b>n/a</b>	<b>n/a</b>	
<b>Stool Culture</b>	<b>Normal intestinal flora</b>	<b>n/a</b>	<b>n/a</b>	

**Lab Correlations Reference (APA):**

**Chernecky, C. C., & Berger, B. J. (2008). *Laboratory tests and diagnostic procedures*. St. Louis, MO: Saunders Elsevier.**

**Pagana, K. D., Pagana, T. J., & Pagana, T. N. (2020). *Mosby's diagnostic and laboratory test reference*. St. Louis, MO: Elsevier.**

**R. Finkelstein, R. S. F., JC. Hogg, F. C., Hiemstra, P. S., Barnes, P. J., L. van de Laar, W. S., S. Yona, K. W. K., ... C. Costa, R. R. (1995, January 1). *Activation and polarization of circulating monocytes in severe chronic obstructive pulmonary disease*.  
<https://bmcpulmed.biomedcentral.com/articles/10.1186/s12890-018-0664-y>.**

**Tashkin, D. P., & Wechsler, M. E. (2018, January 17). *Role of eosinophils in airway inflammation of chronic obstructive pulmonary disease*. *International journal of chronic obstructive pulmonary disease*.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5777380/#:~:text=Although%20a%20widely%20accepted%20threshold,exacerbations%20in%20patients%20with%20COPD>.**

### **Diagnostic Imaging**

**All Other Diagnostic Tests (10 points):**

**N/A**

**Current Medications (10 points, 2 points per completed med)  
\*5 different medications must be completed\***

**Medications (5 required)**

<b>Brand/Generic</b>	<b>Metoprolol</b>	<b>Ferrex</b>	<b>Celexa</b>	<b>Erivedge</b>	<b>Tylenol</b>
<b>Dose</b>	25 mg	150 mg	30 mg	150 mg	325 mg
<b>Frequency</b>	1x day	2x day	1x day	1x day	Every 4 hours or PRN
<b>Route</b>	P.O.	P.O.	P.O.	P.O.	P.O.
<b>Classification</b>					
<b>Mechanism of Action</b>					
<b>Reason Client Taking</b>	Hypertension	Vitamin	Depression	Squamous cell carcinoma	Mild pain
<b>Contraindications (2)</b>					
<b>Side Effects/Adverse Reactions (2)</b>					(Learning, 2020)

**Medications Reference (APA):**

**LEARNING, J. &. (2020). *NURSE'S DRUG HANDBOOK 2021*. S.I.: JONES & BARTLETT LEARNING.**

**Assessment**

**Physical Exam (18 points)**

<p><b>GENERAL:</b>  <b>Alertness:</b>  <b>Orientation:</b>  <b>Distress:</b>  <b>Overall appearance:</b></p>	<p><b>Alert and Oriented to person x2- place and self</b>  <b>No distress</b>  <b>Adequately groomed and dressed appropriately</b></p>
<p><b>INTEGUMENTARY:</b>  <b>Skin color:</b>  <b>Character:</b>  <b>Temperature:</b>  <b>Turgor:</b>  <b>Rashes:</b>  <b>Bruises:</b>  <b>Wounds: .</b>  <b>Braden Score:</b>  <b>Drains present: Y <input type="checkbox"/> N <input checked="" type="checkbox"/></b>  <b>Type:</b></p>	<p><b>Pink</b>  <b>Dry/Norm</b>  <b>Warm</b>  <b>Poor Turgor/Tenting</b>  <b>None</b>  <b>None</b>  <b>None</b>  <b>20</b></p>
<p><b>HEENT:</b>  <b>Head/Neck:</b>  <b>Ears:</b>  <b>Eyes:</b>  <b>Nose:</b>  <b>Teeth:</b></p>	<p><b>Head and neck symmetrical, normal cephalic</b>  <b>Ears are free of discharge.</b>  <b>Eyes symmetrical, EOM, glasses</b>  <b>Nose symmetrical, no deviation,</b>  <b>No teeth or dentures</b></p>
<p><b>CARDIOVASCULAR:</b></p>	<p><b>Heart sounds normal S1 and S2, no murmurs,</b></p>

<p><b>Heart sounds:</b>  <b>S1, S2, S3, S4, murmur etc.</b>  <b>Cardiac rhythm (if applicable):</b>  <b>Peripheral Pulses:</b>  <b>Capillary refill:</b>  <b>Neck Vein Distention:</b> Y <input type="checkbox"/> N <input checked="" type="checkbox"/>  <b>Edema</b> Y <input type="checkbox"/> N <input checked="" type="checkbox"/>  <b>Location of Edema:</b></p>	<p><b>no gallops or rubs detected in S3 and S4.</b>  <b>Capillary refill is less than 3 seconds.</b>  <b>Peripheral pulses 2+ symmetric.</b>  <b>No neck vein distention.</b>  <b>No sign of edema</b></p>
<p><b>RESPIRATORY:</b>  <b>Accessory muscle use:</b> Y <input type="checkbox"/> N <input checked="" type="checkbox"/>  <b>Breath Sounds: Location, character</b></p>	<p><b>Respirations are regular, even and nonlabored, symmetrical, no wheezes or crackles noted.</b></p>
<p><b>GASTROINTESTINAL:</b>  <b>Diet at home:</b>  <b>Current Diet</b>  <b>Height:</b>  <b>Weight:</b>  <b>Auscultation Bowel sounds:</b>  <b>Last BM:</b>  <b>Palpation: Pain, Mass etc.:</b>  <b>Inspection:</b>          <b>Distention:</b>          <b>Incisions:</b>          <b>Scars:</b>          <b>Drains:</b>          <b>Wounds:</b>  <b>Ostomy:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Nasogastric:</b> Y <input type="checkbox"/> N <input type="checkbox"/>          <b>Size:</b>  <b>Feeding tubes/PEG tube</b> Y <input type="checkbox"/> N <input type="checkbox"/>          <b>Type:</b></p>	<p>.</p>
<p><b>GENITOURINARY:</b>  <b>Color:</b>  <b>Character:</b>  <b>Quantity of urine:</b>  <b>Pain with urination:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Dialysis:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Inspection of genitals:</b>  <b>Catheter:</b> Y <input type="checkbox"/> N <input type="checkbox"/>          <b>Type:</b>          <b>Size:</b></p>	
<p><b>MUSCULOSKELETAL:</b>  <b>Neurovascular status:</b>  <b>ROM:</b></p>	<p>.</p>

<p><b>Supportive devices:</b>  <b>Strength:</b>  <b>ADL Assistance:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Fall Risk:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Fall Score:</b>  <b>Activity/Mobility Status:</b>  <b>Independent (up ad lib)</b> <input type="checkbox"/>  <b>Needs assistance with equipment</b> <input type="checkbox"/>  <b>Needs support to stand and walk</b> <input type="checkbox"/></p>	
<p><b>NEUROLOGICAL:</b>  <b>MAEW:</b> Y <input type="checkbox"/> N <input checked="" type="checkbox"/>  <b>PERLA:</b> Y <input checked="" type="checkbox"/> N <input type="checkbox"/>  <b>Strength Equal:</b> Y <input type="checkbox"/> N <input type="checkbox"/> if no -  <b>Legs</b> <input type="checkbox"/> <b>Arms</b> <input type="checkbox"/> <b>Both</b> <input type="checkbox"/>  <b>Orientation:</b>  <b>Mental Status:</b>  <b>Speech:</b>  <b>Sensory:</b>  <b>LOC:</b></p>	.
<p><b>PSYCHOSOCIAL/CULTURAL:</b>  <b>Coping method(s):</b>  <b>Developmental level:</b>  <b>Religion &amp; what it means to pt.:</b>  <b>Personal/Family Data (Think about home environment, family structure, and available family support):</b></p>	.

**Vital Signs, 1 set (5 points)**

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
8:30	83	128/64	18	97.3 F	98%

**Pain Assessment, 1 set (5 points)**

Time	Scale	Location	Severity	Characteristics	Interventions
9:50	0-10	head	3	Front of head	Tylenol Q4 (PRN)

**Intake and Output (2 points)**

Intake (in mL)	Output (in mL)

**Nursing Diagnosis (15 points)**

**\*Must be NANDA approved nursing diagnosis\***

<b>Nursing Diagnosis</b> <ul style="list-style-type: none"> <li>• Include full nursing diagnosis with “related to” and “as evidenced by” components</li> </ul>	<b>Rational</b> <ul style="list-style-type: none"> <li>• Explain why the nursing diagnosis was chosen</li> </ul>	<b>Intervention (2 per dx)</b>	<b>Evaluation</b> <ul style="list-style-type: none"> <li>• How did the patient/family respond to the nurse’s actions?</li> <li>• Client response, status of goals and outcomes, modifications to plan.</li> </ul>

**Other References (APA):**

**Concept Map (20 Points):**





